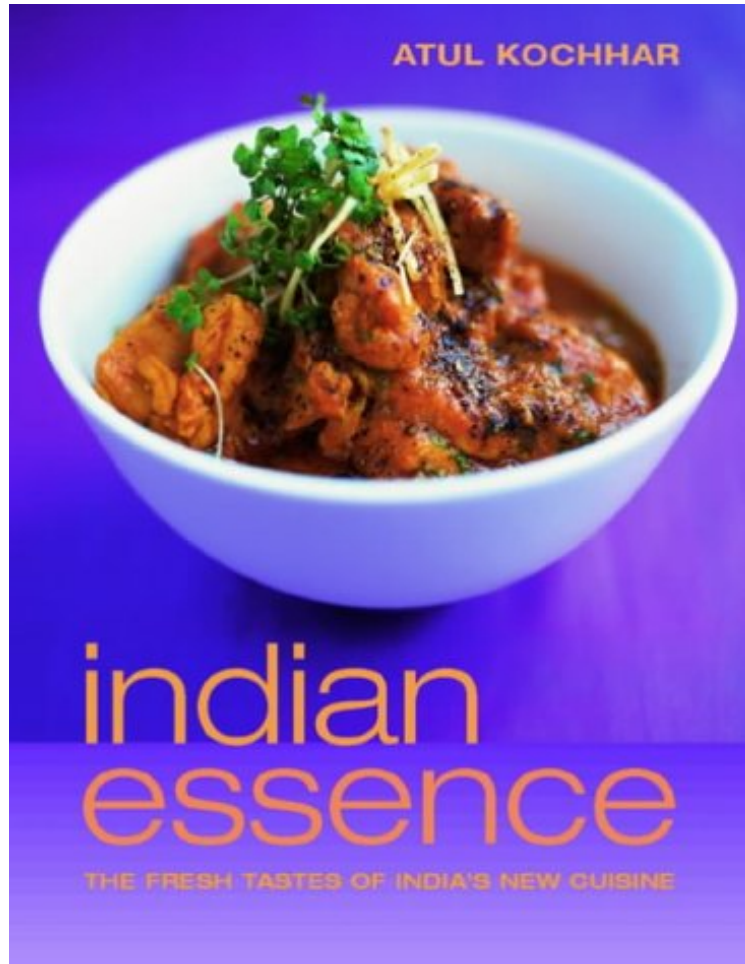


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Indian Essence: The Fresh Tastes of India's New Cuisine

Atul Kochhar

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Atul Kochhar : Indian Essence: The Fresh Tastes of India's New Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Essence: The Fresh Tastes of India's New Cuisine:

0 of 0 people found the following review helpful. India InternationalBy Sandeep GodkhindiAs good as it can get. The book focuses not just on recipes but also on presentation. The highlight of the book in my opinion is the presentation of the dishes!3 of 8 people found the following review helpful. ExcellentBy M. BhideOne of the best books on Indian cooking that I have ever cooked from. Bravo!!4 of 4 people found the following review helpful. good recipes but some hard to followBy DDI like this cookbook in that there are some easy and great ideas. I am not a beginner cook but am new to indian cuisine. The only problem I have with this book is that some things are hard to follow, like some steps are left out or are not clear like cooking times. I made a few recipes and some never looked even remotely like the picture, and I read and re-read everything numerous times. I tried a chapati recipe and it turned out dense, plain and nothing like I had tried in a restaurant. Maybe I am just bad at this new type of cooking, but I have always been a

naturally good cook and was surprised at how frustrating some of these things were to understand. I will keep at it though and hope to tweak things so they do turn out. I want to be good at this, we do not have an indian restaurant where I live and I love it so.

This is a modern collection of recipes based in the rich culinary tradition of the sub-continent. Tastes and styles of cooking are drawn from all parts of India - from the rich, meat-based Moghul food of the North to the vegetarian curries of Goa and Kerala and the aromatic fish dishes of Calcutta. The author provides a hands-on guide to cooking superb, authentic Indian food at home. His recipes contain imaginative flavour combinations, with an emphasis on the use of fresh ingredients, carefully balanced spices and simple culinary techniques.

About the Author Born in Jamshedpur, east India, Atul Kochhar began his career at the exclusive Oberoi Hotel in New Delhi, before moving to London in 1994. Over the past nine years he has established himself as one of Britain's most critically acclaimed chefs; while head chef at Tamarind he became one of only two Indian chefs in the world to be awarded a coveted Michelin star. Atul now has his own restaurant, Benares in Berkeley Square, Mayfair, which receives excellent reviews and nominations for several restaurant awards.